

## Taking Care of Yourself—6.2020—"Get mad, then get over it"



*"The loss of agency and personal freedom associated with isolation and quarantine can often feel frustrating. You may also experience anger or resentment toward those who have issued quarantine or isolation orders or if you feel you were exposed to the virus because of another person's negligence. "*  
[American Psychological Asso.](#)

The Resiliency Team acknowledges that anger is a normal feeling, especially now as we encounter others not practicing social distancing or wearing face covers, the re-opening of businesses in adjoining states, etc. Each team member expressed the need to acknowledge your anger but don't let it consume you. Channel anger into productive activities. Get outside, do for others, watch limited news coverage and most important—don't take it out on others!



Become a public health advocate of infection control!!!!

"Parents are trying hard to do it all. Homeschooling kids, entertaining little ones, working from home, and trying to keep everyone on schedule creates a lot of stress and anxiety. It's a difficult job under ordinary conditions let alone during an uncertain and frightening pandemic. If you find yourself feeling angry during this pandemic, you're not alone. There is no shame in being angry; anger is an honest emotion often caused by feeling powerlessness, denied, or ignored. When anger isn't dealt with, it turns into rage that can explode over seemingly minor provocations. "



[FOX26—Houston, TX.](#) Click to read some suggestions for managing those stressful times with your children.

### EASY 2-LAYER NO-SEW MASK FROM A T-SHIRT OR COTTON



*Feeling frustrated cause you see others out without a face coverings? Why not channel that energy in to making them and sharing? Sewing machines and fabric are great to have, but check out the link to this tutorial making a covering from a [t-shirt](#). If you want to sew some, click below for Kristina Morris' favorite [pattern](#).*



As this photo of The Channels reminds us, "channel" anger and negative energy into something more productive and healthy. Improve your outlook and well-being with a brisk walk to kick those [endorphins](#) in; do something for a neighbor or a friend like [color a picture](#); become a public health advocate to ensure social distancing with friends; finally take a moment to breath and calm down before lashing out in anger.

Important Hotline Number for referral and use:

- ♦ National Domestic Violence Hotline <https://www.thehotline.org/help/> 1-800-799-7233
- ♦ LGBT National Help Center <https://www.glbthotline.org/> 1-888-843-4564